

# Mindfulness Word Search

## Puzzle 454

J	C	C	W	E	N	T	R	U	T	H	F	U	L	H	S
H	P	Q	O	G	E	Z	H	E	A	R	T	C	T	S	O
X	S	W	I	M	X	G	R	A	C	E	R	U	E	N	Y
D	F	L	Z	U	P	E	G	G	C	T	R	L	F	Y	V
U	A	I	B	N	X	A	Q	E	P	T	T	W	O	V	E
K	V	K	S	F	B	D	S	K	M	R	H	A	R	T	E
P	A	T	I	E	N	C	E	S	O	Q	G	W	G	S	V
P	M	C	Z	T	N	F	P	F	I	I	B	V	I	A	B
Y	I	C	H	S	U	S	F	P	K	O	U	W	V	U	N
U	I	O	C	E	A	E	I	B	A	H	N	T	E	T	K
U	Y	M	M	T	C	S	P	T	I	Y	J	A	N	H	Q
H	O	P	B	T	M	E	V	A	I	O	K	P	E	E	I
S	H	O	P	L	J	N	H	Y	L	V	M	E	S	N	V
J	O	S	X	E	L	S	E	P	J	L	I	Y	S	T	L
P	E	E	J	X	Q	E	I	N	Z	U	O	T	R	I	Y
E	R	W	S	B	R	E	A	T	H	F	Y	W	Y	C	G

**ALIGN  
AUTHENTIC  
COMPASSION  
EFFORTLESS  
GRACE  
PATIENCE  
SENSITIVITY  
TRUTH**

**ALLOW  
BREATH  
COMPOSE  
FORGIVENESS  
HEART  
SENSE  
SETTLE  
TRUTHFUL**

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## Puzzle-Solution 454

J	C	C	W	E	N	T	R	U	T	H	F	U	L	H	S
H	P	Q	O	G	E	Z	H	E	A	R	T	C	T	S	O
X	S	W	I	M	X	G	R	A	C	E	R	U	E	N	Y
D	F	L	Z	U	P	E	G	G	C	T	R	L	F	Y	V
U	A	I	B	N	X	A	Q	E	P	T	T	W	O	V	E
K	V	K	S	F	B	D	S	K	M	R	H	A	R	T	E
P	A	T	I	E	N	C	E	S	O	Q	G	W	G	S	V
P	M	C	Z	T	N	F	P	F	I	I	B	V	I	A	B
Y	I	C	H	S	U	S	F	P	K	O	U	W	V	U	N
U	I	O	C	E	A	E	I	B	A	H	N	T	E	T	K
U	Y	M	M	T	C	S	P	T	I	Y	J	A	N	H	Q
H	O	P	B	T	M	E	V	A	I	O	K	P	E	E	I
S	H	O	P	L	J	N	H	Y	L	V	M	E	S	N	V
J	O	S	X	E	L	S	E	P	J	L	I	Y	S	T	L
P	E	E	J	X	Q	E	I	N	Z	U	O	T	R	I	Y
E	R	W	S	B	R	E	A	T	H	F	Y	W	Y	C	G

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